SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 14 SHOPPERS DRUG MART

OMI, THAT'S A SUMMER HIT

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Ottawa metro

Your essential daily news | THURSDAY, JULY 2, 2015 High 22°C/Low 12°C Sunny

WESTWOOD:

COMEDIANS TAKING OVER JOURNALISM

WTF!?

metroVIEWS

TRUE PATRIOT LOVE

ON PARLIAMENT HILL

Thousands braved rain to celebrate Canada Day on Parliament Hill in Ottawa on July 1. See Canada Day coverage in metroNEWS. FRED CHARTRAND/THE CANADIAN PRESS

FUNDING

Aboriginal homeless shelter reopening

Haley Ritchie
Metro | Ottawa

Three months after losing funding and having to turn away homeless aboriginal people in Ottawa, fundraisers for the Shawenjeagamik Drop-In Centre say the centre will be reopening July 7.

A network of different churches, families and individuals have raised $25,000 to help keep the doors open at 510 Rideau St. for another six months as they search for permanent funding.

Joyce Hardman helped organize pledges of $150-a-month to cover the costs of food and hiring a chef for the summer.

"It was good timing with the truth and reconciliation commission," she said. "A lot of people were more awake to the problem and really asking 'What can we do?'"

Morgan Hare, executive director of the centre, met with the group and told them about how the centre had to close after federal funding mandates changed.

"These kind of situations are where residential school survivors can end up, and this was a very tangible way to help," said Hardman.

Volunteers have offered to help out at the centre after receiving extensive training.

Centre staff said they would be releasing more official details later in the week.

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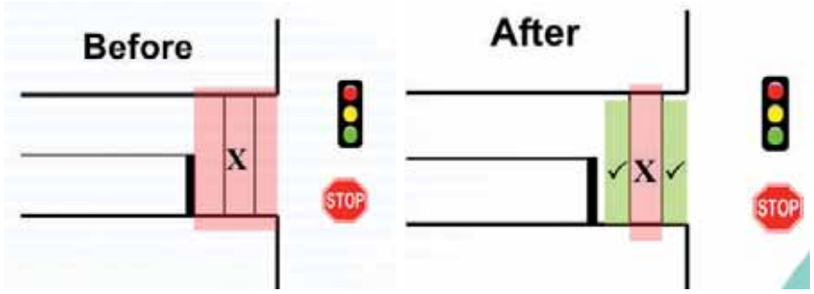
metro NEWS
Your essential daily news

Graham Greene joins Order of Canada cast. **Canada**

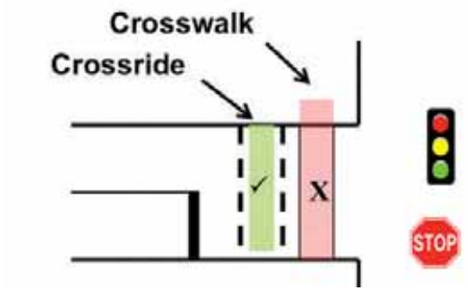
5 THINGS. DRIVERS, MOVE OVER FOR BIKES — IT'S THE LAW

The recent passing of Bill 31 means cyclists will pedal with more road room and cruise down special crossings, while drivers will face stiffer fines for texting behind the wheel. On Tuesday, members of the Ottawa transportation committee heard how these amendments to the Ontario Highway Traffic Act will affect those in the city. Here's what you need to know. **Lucy Scholey** METRO



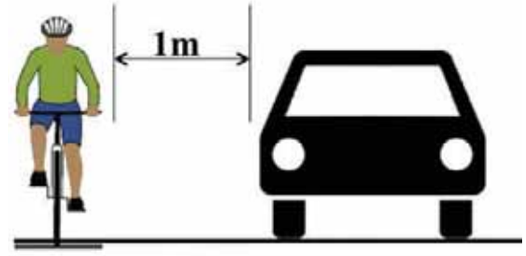
1 Crosswalk courtesy

Previously, cyclists were not allowed to ride in or along crosswalk crossings. Under the new law, cyclists will be able to ride alongside crossings. Just not between the white lines.



2 Extra space for cyclists

Drivers will have to give cyclists at least a metre of space on the road, when possible. This may be a tricky one to enforce. Greg Kent, the city's manager of traffic, safety and mobility, said they are still working with the province on enforcement measures.



3 Crossrides

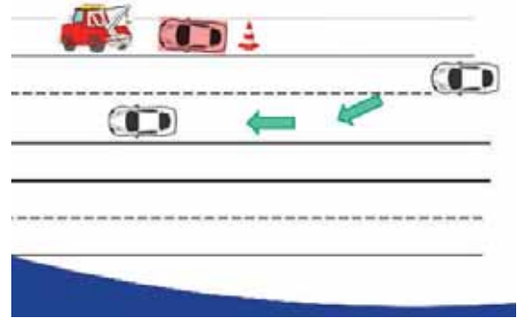
Cyclists may have their own special laneways beside crosswalks. These may be fitted with special cycling lane signal lights.

4 Distracted driving

Fines for texting and talking on the phone will be $300 to $1,000 and three demerit points. Fines for dooring will increase from $60-$500 to $300-$1,000 with three demerit points.

5 Extra space for tow trucks

Treat a tow truck as if you would any other emergency vehicle parked on the side of the road. That is, switch to the outer lane if you see someone getting pulled out of a ditch.



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Australian Geoff Bransbury, 70, has been to many countries on his motorbike, including Russia, Nepal, Iran and Argentina. He was in Ottawa on Tuesday. LUCY SCHOLEY/METRO

Around the world on 2 wheels

PEOPLE

Australian senior stops in Ottawa on motorbike tour

Lucy Scholey
Metro | Ottawa

Geoff Bransbury's motorbike looks like a two-wheeled passport.

A multi-coloured quilt of flags decorates the windshield of the five-year-old Kawasaki — Russia, Turkey, Kazakhstan and Canada are among the stops the Australian adventurer has made on two wheels within the last year.

Oh, and he's 70 years old.

"I suppose I would call it my post-midlife crisis," he said with a laugh, while sitting in Confederation Park in Ottawa, on Tuesday. He landed in Nova Scotia with his motorbike two weeks ago and was set to continue on to Toronto on Canada Day.

It's an around-the-world adventure that puts your dad's Alaskan cruise retirement plan to shame — and it's Bransbury's third such trip since he retired five years ago.

This last leg began in South Korea in May 2014.

He cruised north to Vladivostok in Russia and headed west, dressing in seven layers to face Siberia's cold, driving past Mongolia's wild horses, feeling the 45-degree heat of Uzbekistan and meeting friendly people in Iran. By the time he reached London four months later, he had logged 25,000 kilometres.

There, he left the motorbike with a friend (Bransbury is originally from Surrey, south of England's capital) and travelled back to Melbourne, Australia to spend time with his wife before having his vehicle shipped to Halifax almost two weeks ago.

"She's very supportive, but won't go near the bike," he said, with the wide smile that has helped him make momentary friends all over the world.

"She likes short holidays and I like long ones."

> **It doesn't matter what country, what religion. People are people and they're nice. It's government that's the problem everywhere.**
> Geoff Bransbury

It was a conversation with his daughter five years ago that prompted him to embark on this motorbike adventure. He had sold his IT software business, and he had not hopped on a bike in 40 years.

At his wife's suggestion, he took a refresher course before taking a two-wheeled tour through India, Bhutan and Nepal.

In 2012, he shipped the bike to South America, where he started in Buenos Aires and rode up to Los Angeles.

By now a biking veteran, his to-do list for this third trip was not long — mainly, a crash course each in Russian (to decipher road signs) and in basic Kawasaki bike repairs.

So far, a strong dose of black duct tape has helped his black and blue ride.

It's from that time Bransbury crashed in Mongolia almost 200 km from the nearest town.

Injured, he boarded his bike and kept going until he reached a yurt, where people dressed in "traditional" Mongolian garb welcomed him.

"I was in terrible pain and they massaged me and gave me something to drink," he said. They offered him fat from a giant yak rib boiling in a pot.

Thinking he was badly injured, he found his way to a hotel and managed to get the non-English-speaking employees to hail him a cab to a hospital.

The driver did not just drop him off, but came in and sat with him in the doctor's office. Luckily, Bransbury only suffered bruising.

He met such generosity almost everywhere, like in Russia, where three 20-somethings took him out for Chinese food. Or in Canada, where he claims we boast the nicest customs officers.

"It doesn't matter what country, what religion," he said.

"People are people and they're nice. It's government that's the problem everywhere."

Turkmenistan, which Bransbury describes as a "police state," was one place he was happy to rush through.

Bransbury's route will take him to Toronto and Niagara Falls before he makes his way to New Orleans and then Los Angeles.

There, his wife will meet him for a trip back north to Vancouver and the Rockies.

Meanwhile, the bike will be shipped back to Melbourne. Then Bransbury hopes to hop back on for a China tour.

Unsurprisingly, strangers think he's either gutsy or mad. But he said he does not ride at night and avoids the more dangerous spots.

"It's just a long ride. I don't see it as brave."

Scoring the ultimate Canada Day selfie with a Mountie on Parliament Hill. JOE LOFARO/METRO

CANADA DAY

Revellers undeterred by soggy weather

Joe Lofaro
Metro | Ottawa

Whether you flew into Ottawa for the day or live just down the street, the soggy weather didn't spoil the mood on Parliament Hill for Canada Day on Wednesday.

Annick Vossebelt is Dutch, but was an honourary Canadian for the day, wearing plenty of red and white and two Canadian flags on springs attached to her headband.

She was in Canada for the first time to visit a friend whom she had met in the Netherlands.

"I really like it — being patriotic and being proud of the country," she said during the noon hour show just as the sun made a brief but welcome appearance.

For others who were there earlier to catch acts like Francesco Yates and Andee, it was a wet and slippery affair.

But that didn't bother Alessia D'Ascanio and her mom, both of whom drove in from Montreal looking to get a taste of what Canada Day is like in the capital.

"Canada Day is like moving day (in Montreal) so there's not really much in terms of festivities. It's not a huge show like this is," said D'Acanio, huddled under an umbrella with her mom.

"We came because we wanted to celebrate it and be some place different. The weather could be a little nicer, that's for sure, but we're dry."

> **"I really like it — being patriotic and being proud of the country.**
> Annick Vossebelt

NWHL to pay players

SPORTS

New women's hockey league holding tryouts in Ottawa

Michael Woods
Metro | Ottawa

A new professional women's hockey league has burst onto the scene, and it's coming to Ottawa next week looking for players.

The National Women's Hockey League (NWHL), whose inaugural season starts in October, is hosting a training camp on Tuesday in Orleans looking to sign players for its four franchises based in the northeastern U.S.

The new league will field four teams in Buffalo, Boston, New York and Stamford, Conn.

NWHL commissioner Dani Rylan said the new league aims to coexist with the Canadian Women's Hockey League, which has five teams and is looking to expand.

But there's one huge difference between the two: The NWHL will pay its players.

"The biggest difference between our league and the CWHL is that we are a paid professional women's league," said Rylan, who played college hockey for the NCAA's Northeastern Huskies. "Our league was formed with the players in mind."

The salary cap for each NWHL team is $270,000, Rylan said, amounting to an average salary per player of $15,000 (each team has 18 roster spots).

Rylan said the league's not looking for a specific number from the Canadian camps, but they're "definitely looking to sign players from these camps."

"We're looking for the best 72 players from around the world."

Teams will practise twice a week, and there will be one game per week (on Sundays). Teams will play an 18-game schedule from October until February.

INFO

The Ottawa camp will be hosted on July 7 at the Bob MacQuarrie Recreational Complex starting at 5:30 p.m. The deadline to register is Friday.

IN BRIEF

Construction begins on Scott Street

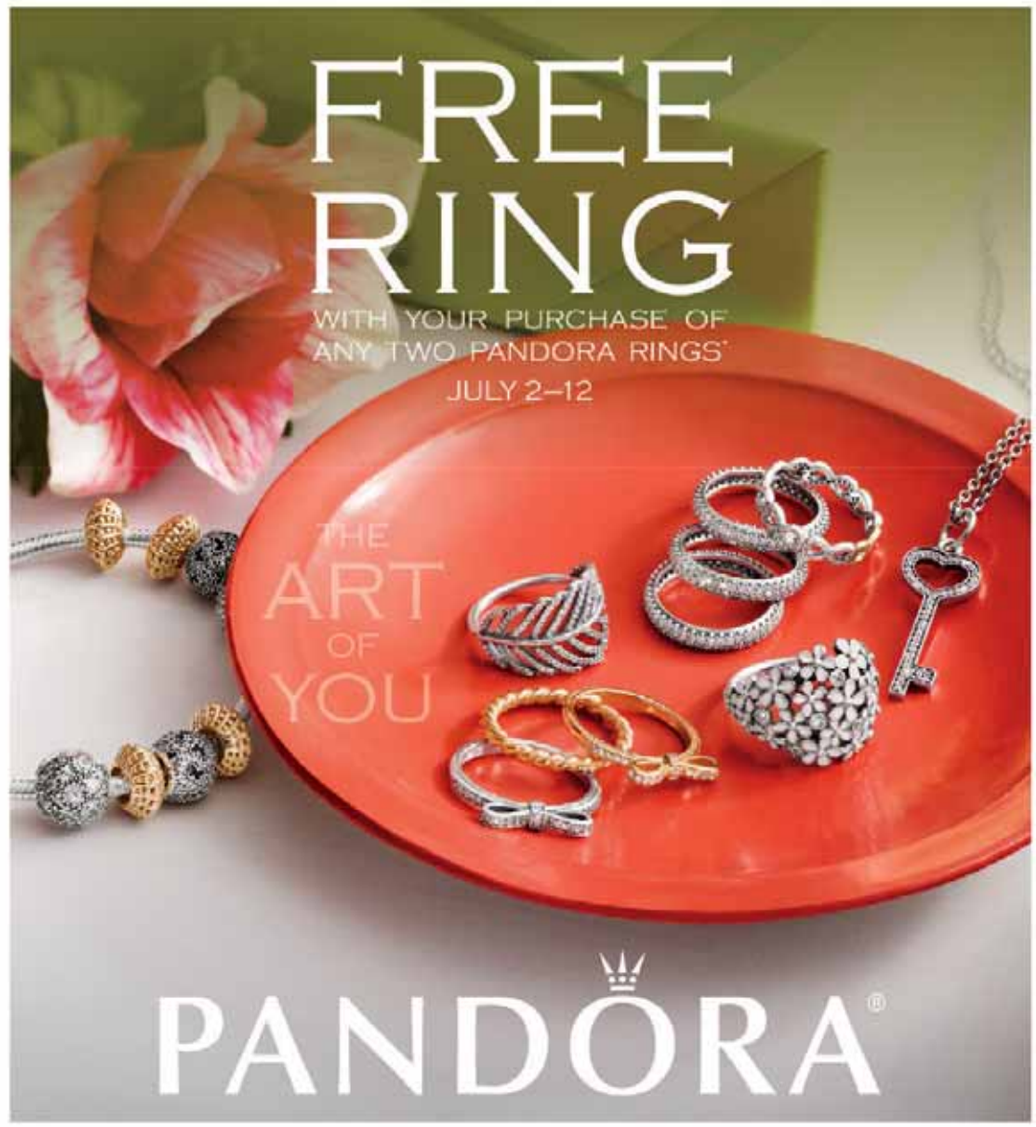
Brace yourself for delays on Scott Street.

Construction starts today on the north side of Scott Street from Bayview Road to Smirle Avenue to widen the street for bus lanes.

The work, which will continue until this winter, is being done as part of the O-Train Confederation Line project to convert the west transitway to light rail. Between 2016 and 2018, OC Transpo and Para Transpo vehicles travelling east-west will run on Scott Street.

The work being done on Scott Street includes relocating traffic signals, expanding and partially reconstructing a multi-use pathway and repaving the street.

The city says at least one lane in each direction will remain open at all times. METRO



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Ditch the lawn chairs and check out hot new music at Bluesfest

BACKSTAGE PASS

Catch these great local acts before they're headliners

Trevor Greenway
Metro | Ottawa

Year after year, music fans in Ottawa arm themselves with lawn chairs and sun hats and descend on LeBreton Flats early to get a prime spot in front of the Ottawa Bluesfest main stage. And they wait…

They guzzle beers, chat with friends, and some even take mini naps as they wait for the headliners to show up. Meanwhile, just a few metres away, they can hear the swirling sounds coming off the festival's smaller stages — alluring audio from the local bands grinding it out in front of dedicated fans, trying to carve out a newfangled name for themselves.

It's about time you all ditch your lawn chairs and check out some of this homegrown talent that is growing like thistle in our backyards.

There are more than 65 local bands playing Bluesfest this year — and it's no doubt some will later become headliners at this and other festivals. It would be great to say, "I saw those guys when they were just starting up."

Metro's Trevor Greenway sat down with Ottawa Bluesfest Project Manager Kelly Symes for a rundown of a few emerging local bands you should be paying attention to.

So listen up, headliner hounds.

1 Thrifty Kids

July 9, 6 p.m., Barney Danson Theatre
Chillwave, atmospheric rock

They call themselves a four-piece indie surf pop rock band. Watch out for them. Vocalist Sara Cogan has this beautiful, soulful voice. They are one of the bands that stood out. They are a lighter band; it's listening music. It's one of those shows where if you need a break from the pounding sounds outside and the blazing heat, come and listen to this. It's chilled-out music.

3 G. Grand

Clairidge Homes Stage
Conscious hip hop, rap

His music reminds me of Gift of Gab, J Dilla, Jurassic-5. He's really sharp and uses incredible and intelligent lyrics and catchy samples. It's conscious hip hop but not overdoing it.

He's a bit of a perfectionist. This guy doesn't put out anything that isn't incredibly well crafted. He is going to shape his vision and execute that throughout the show. He is one to watch. It's worth it to go early for this show.

Metro's Pick: 4 New Swears

July 14, 6 p.m., Canadian Stage
Party rock, hillbilly punk

While Ottawa's New Swears doesn't need any extra hype these days, if you like party music and on-stage antics, don't miss this show. New Swears might be a crazy party band, but they are also crazy talented. Think Mac DeMarco meets Gogol Bordello. Yeah, fun. Crazy, crazy fun.

2 The Yips

July 17, 6 p.m., Canadian Stage
Ouija rock, grunge

They describe themselves as a Ouija rock band. I was intrigued from the very moment I read that. The other thing that drew my attention was the fact that their sole influence on Facebook is local legend Lonesome Paul. It's grunge music. For a lot of their local shows, people actually dress up as ghosts — full blown, with sheets and everything. They're not trying to be another indie rock band. They are going for their own image, their own sound. It's unique. They are one of those bands that the music scene in Ottawa is really getting behind.

5 John Carroll & The Epic Proportions

July 17, 7 p.m., Bell Stage
Acoustic folk, blues

He is a champion and kind of an unknown secret to a lot of people in the city, which is mind blowing because he is a master songwriter and he puts on such a good live show. John Carroll plays sit-down acoustic folk-blues, like old Kelly Joe Phelps. He's got kind of a Matt Andersen, Ben Caplan rasp in his voice and he's been doing this for 25 years. He's a pro.

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THEATRE

Shakespeare's The Tempest storms through city in July

A storm would usually be the death knell for an outdoor performance, but the actors from Bear and Company are bringing Shakespeare's The Tempest to Ottawa parks all throughout July.

"Everyone is right there with each other," said Alexis Scott, who is playing Antonio and Trinculo in the play this year. "It's really special to be outside at that magical time when the sun is going down."

The Tempest is the story of a sorcerer, Prospero, and his daughter Miranda, who are stranded on an island off the coast of Italy.

The terrible storms and magical elements of the play are woven into the performance — including fire dancing and an invitation for the audience to join in with water guns.

"We're going out into the communities, so it's more of a family atmosphere," said Scott.

She suggests bringing blankets, chairs and a suggested donation of $20, although there is no entry fee. The actors are paid from the money donated for the show.

The first performance is July 3 in Strathcona Park, starting at 7 p.m.

Other performances will take place all July, rotating through different parks, from Sandy Hill to Alta Vista. The details are available on the Bear and Co. website.

Scott's troupe isn't the only theatre performance taking place in parks this summer. A Company of Fools will be also be performing Shakespeare's The Comedy of Errors in parks across the city. HALEY RITCHIE/METRO

$20
The show's suggested donation.

"It's really special to be outside at that magical time when the sun is going down.
Alexis Scott, actor

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SASKATCHEWAN

Wildfires' smoke stifling the flames

The number of people forced from their homes by Saskatchewan wildfire smoke continues to climb, but a provincial official says the smoke is now so thick that it's actually helping control the fires.

Steve Roberts with Saskatchewan's environment ministry says the layer of smoke that covers the northern part of the province has blocked out direct sunlight.

Roberts says that's lowered temperatures and boosted humidity, which means the fires are less volatile.

Officials say they don't have an estimate of the total number of evacuees, but say they're currently housing over 4,000 people in hotels and other evacuation centres in North Battleford, Prince Albert, Saskatoon and Regina.

There were 110 active fires in Saskatchewan on Wednesday. Only about 10 were contained.

The smoke hampered the operations of firefighting aircraft on Tuesday. Roberts says air tankers are on standby if smoke clears and visibility is safe.

"As much as it's not good for people, because the cloud layer is filled with smoke and is so thick, our temperatures are roughly 10 degrees cooler and our humidity is 10 to 15 per cent higher. That combination means the fire activity drops significantly," Roberts explained.

Roberts said conditions in Saskatchewan are so susceptible to fires due to an unusually dry winter followed by an early spring. He said evacuations could continue for days to come.

Close to 600 firefighters, 40 helicopters and 19 planes are involved in fighting the fires. Other provinces have contributed firefighters and equipment, and Roberts said a crew from South Dakota was on its way to Saskatchewan on Wednesday. THE CANADIAN PRESS

> **"It's helped us secure, especially, those fires that are close to communities.**
>
> Steve Roberts, spokesman, Saskatchewan environment ministry

Rideau Hall adds 100 to Order of Canada

NATIONAL HONOUR

Many familiar Canadians among year's appointments

The man who helped create the BlackBerry, the female CEOs of two provincial public broadcasters, and a noted First Nations actor are among the Canadians being appointed to the Order of Canada.

Rideau Hall's Canada Day announcement allows those on the list to share the news of the honour, which is usually kept secret until Gov. Gen. David Johnston makes the information public.

This year's notable names include Douglas Fregin, the man who co-founded Research in Motion with Mike Lazaridis.

Fregin designed the first circuit board the company used to run early versions of its wireless technology, and then helped choose the materials that are still found in BlackBerry devices today.

Lazaridis's wife Ophelia is also being invested as a member of the Order of Canada for her philanthropic work around Waterloo, Ont., where BlackBerry is based.

Author Lawrence Hill will be recognized for his telling of the stories of Canada's black community, notably with the critically acclaimed "Book of Negroes," and for his advocacy work on behalf of women and girls in Africa.

Oscar-nominated and Gemini award-winning actor Graham Greene is a familiar face in film, television and theatre in Canada and overseas.

Bob Rae. THE CANADIAN PRESS

The First Nations actor is being honoured for "achievements as a pioneering and versatile actor," which include a 1991 Academy Award best supporting actor nomination for his role in the film "Dances with Wolves."

Also being honoured are TVOntario CEO Lisa de Wilde for "transformative leadership" at the provincial public broadcaster, and Tele-Quebec counterpart Michele Fortin for her "contributions to the vitality of French-language and educational television."

Rideau Hall says there will be 100 new appointments to the Order of Canada, with one being a promotion to the highest level - former Ontario premier and Liberal MP Bob Rae is being invested as a companion - while the other is an honorary appointment for Johan Olav Koss, an Olympic speed skating champion from Norway.

Koss, who lives in Toronto, founded Right to Play, an advocacy group for children in sports.

Other notable sports names on the list are Olympic curling champion Russ Howard, former Olympic diver and Pan Am Games medallist Beverley Boys and Fran Rider, who was instrumental in making women's hockey what it is today on the international scene. THE CANADIAN PRESS

> **6,000**
>
> **The number of people from all walks of life who have been invested into the Order of Canada, one of the country's highest civilian honours, over the past 45 years.**
> THE CANADIAN PRESS

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Evenings: 6 pm to 9 pm (6 Levels)
NEW! Saturdays: 9 am to noon (Levels 6 and 7)

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LITTLE HERD ON THE PRAIRIES BISON BOUNCING BACK A herd of Prairie bison graze on the Old Man on His Back Prairie and Heritage Conservation Area south of Swift Current, Sask., on June 18. The bison, once hunted to near extinction, were reintroduced to the area in 2003.
BILL GRAVELAND/THE CANADIAN PRESS

BOMB SCARES

Police investigating fourth empty air threat in one week

For the fourth time in less than a week, a Canadian passenger jet has had to make an emergency landing because of a threat made against it.

Saskatoon Police say there was no bomb on the latest jet that was the target of a threat.

An explosives team has completed its search of the jet and determined that there was no explosive device on board.

The plane was travelling from Toronto to Saskatoon on Tuesday evening and landed safely.

The 113 passengers and five crew members were forced to disembark on the tarmac.

Police say the jet is now back in the care of WestJet.

It's the fourth time in a week that a Canadian passenger jet has had to make an emergency landing because of a threat.

Police say the investigation is continuing. There have been no arrests.

In all of the cases, searches of the aircraft unearthed nothing suspicious. THE CANADIAN PRESS

Reopening of embassies signals new era for Cuba

DIPLOMACY

Embassies in Washington, Havana set to open July 20

U.S. President Barack Obama announced Wednesday that the U.S. and Cuba will reopen their embassies in Havana and Washington, heralding a "new chapter" in relations after a half-century of hostility.

"We don't have to be imprisoned by the past," Obama said from the White House Rose Garden. "Americans and Cubans alike are ready to move forward."

Cuban television broadcast Obama's statement live, underscoring the new spirit. A state television anchor read a letter from Cuban President Raul Castro to Obama in which he wrote that Cuba is "encouraged by the reciprocal intention to develop respectful relations and co-operation between our people and governments."

The embassy agreement marks the biggest tangible step toward normalizing relations since the surprise announcement in December that the U.S. and Cuba were restarting diplomatic ties. The posts in Washington and Havana are scheduled to open July 20, Cuba's Foreign Ministry said.

Secretary of State John Kerry will travel to Cuba for the opening of the U.S. Embassy. Kerry, who is in Vienna for nuclear talks with Iran, called the embassy agreement "long overdue."

For Obama, ending the U.S. freeze with Cuba is central to his foreign policy legacy as he nears the end of his presidency. Obama has long touted the value of direct engagement with global foes and has argued that the U.S. economic embargo on the communist island just 145 kilometres (90 miles) south of Florida was ineffective.

Amid the celebratory rhetoric, there were words of caution from both countries.

A statement from the Cuban government said reopening embassies was just the first step in "a long and complex process toward normalization of bilateral ties." It demanded an end to the U.S. embargo, the return of the U.S. naval base at Guantanamo and a halt to U.S. radio and TV broadcasts aimed at the island.

Ileana Ros-Lehtinen, a Republican Congresswoman from Florida, said in a statement that opening a U.S. Embassy in Cuba "will do nothing to help the Cuban people and is just another trivial attempt for President Obama to go legacy shopping."

The president on Wednesday reiterated his call for Congress to lift the embargo. However, he faces stiff resistance from Republicans, as well as some Democrats, who say he is prematurely rewarding a government that engages in serious human rights abuses.

The president also will face strong opposition in Congress to spending any taxpayer dollars for building or refurbishing an embassy in Havana. Congress would have to approve any administration request to spend money on an embassy.

While the opening of embassies marks a major milestone in the thaw between the U.S. and Cuba, significant issues remain as the countries look to normalize relations.

Among them: talks on human rights; demands for compensation for confiscated American properties in Havana and damages to Cuba from the embargo; and possible co-operation on law enforcement, including the touchy topic of U.S. fugitives sheltering in Havana. THE ASSOCIATED PRESS

Anti-Castro activist Osvaldo Hernandez shouts anti-Obama slogans Wednesday in the Little Havana area of Miami. The sign in Spanish reads: Cuban Embassy in Washington, D.C. Provocation. ALAN DIAZ/THE ASSOCIATED PRESS

> **We don't have to be imprisoned by the past. Americans and Cubans alike are ready to move forward.**
> U.S. President Barack Obama

BACKGROUND

The U.S. cut off diplomatic relations with Cuba in 1961 after Fidel Castro's revolution. The U.S. spent decades trying to either actively overthrow the Cuban government or isolate the island, including toughening the economic embargo first imposed by President Dwight D. Eisenhower.

PRISONERS

Escapees did a dry run first

One of two convicted murderers who broke out of a maximum-security prison last month told police that they conducted a practice run the night before their escape, even poking their heads out of a manhole before deciding they were too close to nearby homes, a district attorney said.

Clinton County District Attorney Andrew Wylie said David Sweat, 35, told police from his hospital bed that he masterminded the June 6 breakout from Clinton Correctional Facility and began working on it in January.

The escape by Sweat and 49-year-old Richard Matt launched a massive 23-day manhunt in forested northern New York terrain involving more than 1,100 law enforcement officers.

Matt was shot and killed by a border patrol officer June 26. Sweat was wounded Sunday by a state trooper near the Canadian border.

Wylie said Sweat claimed he used only a hacksaw blade — not power tools, as officials had reported — to cut holes in the steel walls of his and Richard Matt's adjoining cells as well as a steam pipe they crawled through.

Sweat said he prowled the tunnels within the prison from 11:30 p.m. to 5 a.m. in the days preceding the escape, according to Wylie. He said Sweat claimed to have done all the work himself, saying the older Matt wasn't in shape to do it.

Authorities said the two reached the tunnels via narrow corridors behind cellblocks providing access to the bowels of the prison and were given access by a corrections officer who has since been charged in connection with the breakout. THE ASSOCIATED PRESS

WEATHER

Britain boils on hottest day in July ever recorded at 36.7 C

Joggers wheezed, electric wires warped, and Britain sweated through its hottest July day on record as a wide swath of Western Europe sweltered in a heat wave.

Authorities in France and elsewhere, mindful that thousands died during a 2003 heat wave, reached out to the elderly, families and other vulnerable people on Wednesday to warn of health risks. Paris officials opened special air-conditioned rooms for the public.

A mass of hot air moving north from Africa has sent temperatures spiking in Spain, Portugal, Britain and France in recent days.

Britain's Met Office, the weather forecasting service, said Wednesday was the hottest July day since records began in the 1800s based on the 36.7 C (98 F) recorded at London's Heathrow airport.

At Wimbledon, even an Australian like Bernard Tomic complained of dizzying heat: temperatures hovering near 34 degrees made it one of the hottest days on record at the tournament.

Forecaster Meteo France said Paris reached 39.7 C, the highest temperature recorded in July since 1947.

French officials said the heat wave was just beginning. On Tuesday, southwest France saw temperatures reaching 42 C (107 F) and Cordoba in southern Spain recorded nearly 44 C (111 F). THE ASSOCIATED PRESS

PHILANTHROPY

Saudi prince says he plans to give all of his $32B to charity

Saudi Arabia's billionaire Prince Alwaleed bin Talal, one of the world's richest people, announced Wednesday that he will donate all of his wealth — $32 billion — to charity over the coming years.

The money will go to the Saudi prince's organization called Alwaleed Philanthropies to work in the fields of "intercultural understanding" and supporting communities in need, he said in a statement.

Programs will include promoting health, eradicating disease, bringing electricity to remote villages, building orphanages and schools, as well as "empowering women."

The prince, chairman of investment firm Kingdom Holding Company, does not hold an official government position,

He built his wealth through seed money from his father and smart investments. THE ASSOCIATED PRESS

Prince Alwaleed bin Talal. FRANCOIS MORI/THE ASSOCIATED PRESS FILE

Federal R&D investments not paying off

ECONOMY

Memo says Canada behind U.S. on business innovation

Spending billions of public dollars over two decades has done little to reverse Canada's long decline in the key economic category of business innovation, the federal government acknowledges in a newly released document.

The self-assessment, contained in a memorandum to Finance Minister Joe Oliver, underlines how sluggish business innovation remains "of great concern" for Canadian productivity.

"Canada's productivity performance, a key determinant of economic growth, continues to lag significantly behind that of the United States, eroding our relative standard of living," says the October memo, signed by deputy finance minister Paul Rochon.

"The innovation performance of Canadian firms has continued to fall relative to the previous two decades, despite considerable federal efforts in recent years."

That push included more than $11 billion spent by the Harper government between 2006 and 2014 on new resources to support research and innovation, the document says.

> **Canada's been a 'D' performer basically since we started doing this.**
> Daniel Munro, Conference Board of Canada

On top of that, the note said the government also pumped $10.9 billion into science, technology and innovation activities and provided another $3.3 billion in tax relief. In 2014, the memo said $1.6 billion was dedicated over five years.

The memo to Oliver also warned how tougher competition in the knowledge-based global economy could leave Canada behind.

The note, titled Canadian Business Innovation Landscape, was obtained by The Canadian Press under the Access to Information Act.

The document said Canadian businesses perform well at the international level when it comes to primary research, but they trail their global counterparts in R&D.

In general, the document said Canadian companies rely more on "imitation than on innovation" and are less likely to collaborate in R&D than firms in other G7 countries. THE CANADIAN PRESS

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NORTH DAKOTA

Calendar highlights eclectic holidays

To most Americans, July 4 is Independence Day. But on Marlo Anderson's calendar, it's also Caesar Salad Day and Barbecued Spareribs Day.

Anderson is the mastermind of the National Day Calendar, an online compendium of pseudo-holidays that has become a resource for TV and radio stations looking to add a little levity to their broadcasts, among others.

The 52-year-old co-owner of a VHS digitizing company in North Dakota started the calendar in 2013 and soon realized the site could also be a way for people to declare their own special days. So last year, he started charging $1,500 to $4,000 for "national day" proclamations.

"People certainly don't need to use us. It's just we really give it a jumpstart," he said.

Marketing experts give Anderson credit for seizing on the desire by companies and groups for another way to promote themselves, though they question the effectiveness of some of the resulting campaigns. It's not the only reason for celebration, but food seems to be a common subject for special days.

Already, the National Day Calendar says it has given its blessing to more than 30 made-up holidays. A crouton maker paid for National Crouton Day (May 13), a seafood restaurant submitted National Fried Clam Day (July 3) and a craft beer maker came up with National Refreshment Day (fourth Thursday in July).

Zoovio co-owner Marlo Anderson eats homemade fudge to commemorate National Fudge Day.
WILL KINCAID/THE ASSOCIATED PRESS

Anderson's venture, which he says brings in roughly $50,000 a year, underscores the free-for-all nature of such days.

At the National Day Calendar, one-time proclamations for birthdays, anniversaries and other occasions are on sale for $19.99 or $39.99. The price for ongoing inclusion in the calendar is higher.

For $1,500, Anderson provides a framed proclamation. For $2,500, he helps arrange interviews with the media. And for $4,000 and travel expenses, he'll show up to present proclamations at events.

This fall, he's travelling to New York for National Dumpling Day (Sept. 26); the day was submitted by TMI Corp., a distributor of Asian foods. THE ASSOCIATED PRESS

IN BRIEF

Manhattan apartments hit new high, average $1.8M

The average sales price of a Manhattan apartment has eclipsed $1.8 million — a new high. The appraisal firm Miller Samuel says in a report for Douglas Elliman Real Estate that its figure — $1.87 million — compares to $1.77 million reached in the first quarter of last year.
THE ASSOCIATED PRESS

market minute

DOLLAR TSX closed Canada Day

TSX TSX closed Canada Day

OIL $56.96 US (-$2.51)

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NATURAL GAS: $2.783US (-4.9¢)
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metro VIEWS
Your essential daily news
Thursday, July 2, 2015

THE BIG THING: RED, WHITE AND ... BLUE?

The federal government has kept quiet about the $7 million it gave to local Canada Day celebrations this year, but based on what we do know, it appears these red-and-white festivities took place disproportionately in ridings of Tory blue. But 'tis the season to study Canadian history — which shows this type of alleged pork-barrel (Canadian bacon-barrel?) politics is nothing new.

SOURCE: THE CANADIAN PRESS

1 **Mystery money** Canadian Heritage funded 1,658 patriotic events between June 21 and July 1. Most projects were small, but only 130 (eight per cent) have been disclosed publicly. Of the 30 ridings where municipalities are known to have received the federal funding, 27 are likely to go or stay Conservative in this fall's election.

2 **Blue gets more green** A Globe and Mail investigation this week revealed ridings that elected Conservative MPs in 2011 received an average of 48 per cent more than opposition-held ridings from the $150-million Community Infrastructure Improvement Fund (a separate pile from the Canada Day money).

3 **The more things change** The feds have long been accused of disproportionate spending in government-held ridings, especially those represented by cabinet ministers. A famous example in the 1990s involved the RCMP after an audit revealed federal employment grants were overwhelmingly given in Liberal ridings, including that of then-prime minister Jean Chrétien.

Consider your lungs this barbecue season

THE SCIENCE

Stephanie Orford

Smoke is often a sign of celebration — fireworks, firing up the barbecue, getting out the marshmallows for a beach bonfire. All great in moderation.

We take smoke for granted; it's just what happens when you cook. Smoky flavours are even trendy.

But household smoke inhalation is a worldwide health issue, whether it's in a one-room house in the outskirts of Shanghai or a grill in a Calgary sunroom.

According to the World Health Organization, smoke inhalation from cooking causes an estimated 3.8 million deaths per year. More than measles, malaria and HIV/AIDS combined. All three of those have elicited worldwide health campaigns. Smoke inhalation? Not so much.

Human lungs are delicate, complex structures. In their thinnest spots, the alveoli, the barrier between your blood and the outside air, can be just one cell thick. Maintaining its health is crucial. And lungs need to be elastic so they can stretch and contract as you breathe.

Inhaling smoke gums up that system. The medical community got serious about smoke's effects during the world wars, when poisonous gases — including phosphene, a component of common cooking smoke — were used as weapons.

Nitrogen dioxide and cyanide, among many other toxins, are also found in household smoke.

When they're inhaled, these noxious gases and particles kill and irritate cells in the inner surfaces of the lungs. When these cells are damaged, the lungs lose capacity to produce the protective mucus that lubricates the lungs so they can stretch, trap particles and protect against infection.

In enclosed cooking spaces, smoke can be 100 times higher than acceptable levels.

Smoke inhalation also impairs the clearance action of cilia, a carpet of microscopic moving hairs on the inner surface of the lungs that would normally sweep the mucus out — and much of the harmful stuff with it.

But toxic smoke can kill lung-lining cells, causing them to slough off and partially block the airway, making breathing more difficult.

Your body's inflammatory reaction to smoke inhalation can cause major damage too. Less than a day after smoke inhalation, a type of swelling called upper-airway edema can set in, constricting the airways and making them less elastic.

But household smoke's most widespread damage happens through lower levels of exposure over a longer time — months or years spent cooking indoors in a poorly ventilated space.

In enclosed cooking spaces that are poorly ventilated, smoke can be 100 times higher than acceptable levels for small particles, the WHO says. Worldwide, charcoal and wood are the most common culprits.

The need for clean, renewable energy sources isn't just about protecting the planet; it's a necessary safeguard for human health that we need to be more aware of.

Stephanie Orford is a Vancouver-based science writer.

ROSEMARY WESTWOOD

metroview

Journalists can learn a trick or two from comedy

You've gotta love Marc Maron.

Or, if you're a journalist, fear him a little bit.

The man interviews U.S. President Barack Obama for an hour, in his garage, for his podcast (called WTF with Marc Maron), and it's maybe the most compelling interview with the president ever recorded.

It's been hailed as a turning point in the legitimacy of podcasting, and made headlines because the president said the N-word, but it's much more than that. It's evidence that comedians make excellent interviewers and political pundits — and they may just be doing journalists' jobs better than we are.

Maron and Obama had a real, honest-to-goodness chat in the style that has made Maron famous. Maron is so extremely transparent and insecure ("How was it? How did I do? What did he think?" he obsesses in a post-mortem podcast) that his subjects have to respond with candour of their own.

Maron brought politics down to the human level, giving us something we've been craving: to see politicians as real people and some evidence they're telling the truth.

"I was so focused, intently focused on having a one-on-one experience with him," Maron reflected.

"All I wanted to do is connect with the guy."

The same could be said for many voters. But how many journalists get past the oily veneer of talking points?

On TV, the best political commentator is John Oliver. Those who've been fretting over the end of John Stewart and Stephen Colbert need not fear — Oliver takes out enough bullsh-t trash for the both of them.

Canadians are still waiting for our Stewart/Colbert/Oliver. (Rick Mercer, known for wonky camera angles meant to liven up his rants, is far too PC.) Sure, we've got comedians trying to take down Harper with their get-out-the-vote effort, Harpoon. But it's so far only speaking to 1,233 Facebook fans.

It's not a zero-sum game. There are talented political reporters and interviewers on both sides of the border. But journalism — the trade most concerned with the truth — can learn a trick or two from comedy, the trade most adept at revealing it.

From Maron, the power of vulnerability. From Stewart/Colbert/Oliver, the tack of insisting that politicians make sense, and if they don't, offering up context to reveal idiocy.

If anything can help the media be less of a megaphone for truthiness, it might be this competition from journo-comics.

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Facebook's Mark Zuckerberg wants to find a formula for how people think

Anatomy of a Summer Hit

Four reasons why OMI's Cheerleader is a S-M-A-S-H

RYAN PORTER/LIFE@METRONEWS.CA

It's already a smash by any measure, but is Cheerleader Canada's Song of the Summer? The remixed reggae crowdpleaser by Jamaican artist OMI (pronounced Oh-Mi) has been certified double platinum in Canada and reigned at No. 1 on the Soundscan chart for three weeks in June. From the rooftop of Toronto's Thompson Hotel, where young and beautiful summer sun worshippers trail their toes in the infinity pool, OMI, pictured at left, chatted with Metro about why his breakthrough hit could soon be blaring from every beach-party Bluetooth speaker in the country.

Rule #1: Must not be released in the summer

Famous alumni: The past 15 songs of the summer

Based on the Song of the Summer champs proclaimed by Billboard, which uses U.S. chart data, you have to reach all the way back to June 22, 1999, when Christina Aguilera's Genie In A Bottle dropped, to find a song that was actually released during the summer. Cheerleader was released in the summer ... of 2012. It wasn't until German DJ Felix Jaehn's remix was released May 19, 2014, that the local Jamaican hit stormed Europe.

"In 2012, it made an impact," OMI says. "But this is crazy."

CHRISTINA AGUILERA

Rule #2: Must be a newly minted superstar

Famous alumni: Iggy Azalea, LMFAO

While summer heat lightning struck twice for Katy Perry and Mariah Carey, more often a Song of the Summer has been that artist's breakthrough (or can you actually sing a bunch of Robin Thicke songs?). OMI's own bio is lightly sketched, though he credits his father, who passed away when he was nine, for his love of music.

Rule #3: Must sound island-ish

Famous alumni: Rihanna's Umbrella, Los del Rio's Macarena

Of course the season of beach parties, iced capps and al fresco dining would be filled with the lazy beats and lengthened vowels of the Caribbean — see Magic!'s 2014 reggae-via-Toronto Song of the Summer runner-up Rude. With its bongo-beat and staccato singalong melody oomphed up by Jaehn's house dancebeat, Cheerleader is the kind of hybrid North Americans flip their frisbees for.

NASRI OF MAGIC!

Rule #4: Must be a hot topic of debate

Famous alumni: I Kissed A Girl, Blurred Lines

A Song of the Summer is as much a party-starter on the dance floor as it is an ice-breaker around the barbecue. Billboard, Idolator and the Toronto Star are among the media outlets that have questioned lyrics that brand a woman a "cheerleader" rather than someone with her own ambitions.

For the record, OMI believes men can be cheerleaders, too. "It doesn't have to be the woman supporting the man," he says. "A woman can sing to her man or her love. Whoever is that support system for you."

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Ballet breakthrough

AMERICAN BALLET THEATRE

Misty Copeland achieves dream as principal dancer at ABT

Misty Copeland, the Missouri-born ballerina who's become a forceful voice for diversity in ballet and achieved a celebrity that far transcends that rarified world, was named principal dancer at American Ballet Theatre on Tuesday — the first African-American woman to reach that status in the company's 75-year history.

Copeland, 32, fought tears as she spoke about her promotion, which she said was a lifetime dream — but such a difficult one to attain that she never really thought it would happen.

"This is it," she said. "This has been my dream since I was 13, to be a principal dancer and reach these heights."

"But it hasn't been overnight," she added at a hastily arranged news conference — a rarity for a ballet promotion. "It's been 14 years of extremely hard work ... I'm just so extremely honoured to be an African-American and to be in this position."

And, Copeland said, she hoped her ascension to the very top ranks of ballet would inspire other young dancers of colour — "all the little girls" — to stick with their own dreams.

"So many young dancers of colour stop dancing at an early age because they just don't think there will be a career path for them," she said. "I hope that will change." She spoke of her own doubts when she joined the ABT corps at age 19 and saw no one "who looked like me."

"I had moments of doubting myself and wanting to quit, because I didn't know -if there would be a future for an African-American woman at that level," she said. "At the same time, it made me so hungry to push through."

The company announced the promotion six days after Copeland made her New York debut as Odette/Odile in Swan Lake, one of the most important roles in a ballerina's repertoire. The emotional performance ended with Copeland being feted onstage by trailblazing black ballerinas of earlier generations, and with a sea of fans cheering and taking cellphone videos.

Copeland paid tribute on Tuesday.

"It's not me up here," she said. "It's everyone who came before me and got me to this position."

"So many young dancers of colour stop dancing at an early age ... I hope that will change"

Copeland has become increasingly famous over the past several years, achieving a pop culture status exceedingly rare for a ballet dancer.

"We haven't had a ballet dancer who has broken through to popular culture like this since Mikhail Baryshnikov," said Wendy Perron, an author and the former editor of Dance Magazine. "And she's going to bring more attention from that world to ballet."

THE ASSOCIATED PRESS

Misty Copeland
GETTY IMAGES

DRAWING A DIVERSE AUDIENCE, TOO

Many who attended Copeland's historic Swan Lake performance last week noted what a diverse audience Copeland had drawn to the Metropolitan Opera House, where ABT performs its spring season. The crowd was filled with young girls — black and white — in their party dresses.

"She single-handedly made that a diverse audience," said Wendy Perron, one-time editor of Dance Magazine.

NOSTALGIA

Studios in peril with the rise of bedroom producers

SOUND CHECK

Alan Cross

Rush fans were sent into a tizzy a few weeks back with word that the band's once-favourite recording studio was up for sale for $18,000. That's not a typo.

Rush made seven albums at Le Studio in Morin Heights, near the Laurentians in Quebec, earning it the nickname of Rush's Abbey Road. David Bowie, Bryan Adams, Keith Richards and the Bee Gees also made the trek to the studio by the lake. But after it was sold by André Perry, its owner/builder, and then sold again, the place fell into severe disrepair. All the gear is gone, the roof is falling in and the only clients these days are squirrels, mice and the odd skunk.

The current ownership has been trying to sell the property since 2009 with zero luck. After falling $18K behind on taxes on the 233-acre property, the town threatened to sell the place at auction. But at the last second, the back taxes were paid and the auction was cancelled. The owners still hope to turn the facility into some kind of spa retreat.

This isn't the only legendary recording studio that's fallen on hard times. After Beatles producer George Martin built AIR Studios in Monserrat in the Caribbean, it hosted Dire Straits, Pink Floyd, The Police, The Rolling Stones and dozens of others. But after it was ruined by Hurricane Hugo in 1989 (and after more than half of Monserrat was devastated by a volcanic eruption in 1995), it was abandoned and never rebuilt.

Twenty miles outside of Paris, Château d'Herouville — a former workplace of David Bowie, Elton John and Iggy Pop — is apparently still looking for a new owner after two years on the market. For $1.7 million CAD, you get what can be generously described as a "handyman's special."

Olympic Studios in London, The Record Plant in New York and Sound City in Van Nuys are also defunct, despite being the birthplaces of some of the greatest albums of all time.

Others (such as Mississauga's Metalworks) continue to operate by doubling as multimedia schools.

Why all the carnage? With record companies slashing budgets, few acts can afford facilities that rent for thousands of dollars a week. This makes it near impossible for owners to maintain the equipment, let alone upgrade it. Meanwhile, technology has progressed to the point where you can make a decent-sounding album on a laptop in your bedroom.

Sadly, there will be more deaths like Le Studios' in music's future.

Abbey Road Studios is one of remaining legendary recording studios that hasn't fallen on hard times.
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No purchase necessary. Contest open 12:01 am on June 26th, 2015 to 11:59pm on July 6th, 2015 to legal residents of Ottawa (ex QC) of age of majority in their province of residence at time of entry. Grand prize ARV $759.00 CDN, Second prize ARV $460.00 CDN. Odds depend on number of eligible entries received. Internet, email address, and math skill testing question required. Rules and entry www.clubmetro.com
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Kim Kardashian braves centre stage

CONTRIBUTED

GUEST APPEARANCE

Kim talks body image, selfies and family at acclaimed club

The big reveal from Kim Kardashian's guest turn for San Francisco's revered Commonwealth Club of California on Tuesday night? She was wearing maternity Spanx under her black designer dress to conceal cellulite, not her pregnant belly.

The reality TV star and fashion mogul was invited by the 112-year-old club that describes itself as the nation's oldest and largest public affairs program to talk about her famous family, the business of millennial culture and the objectification of women in media.

Before her visit, the Commonwealth Club's invitation to Kardashian provoked minor controversy.

Some members and listeners of the club's radio broadcasts said they felt she was not worthy of sharing the same spotlight as such notable past speakers as President Franklin D. Roosevelt and Martin Luther King Jr. The program's Facebook page has lit up in recent days with comments opposing and supporting her selection.

Kardashian did discuss the key topics, and others, during an hour-long appearance before an adoring audience that was mostly young and female.

Judge LaDoris Cordell noted that Kardashian has 94 million social media followers.

"Maybe it's the bikini selfies," the photogenic guest said. "I think I definitely overshare, but I'm really engaged."

The judge also asked if it is realistic for young girls to be successful in a man's world.

Kardashian, who has makeup, hair care, perfume, and clothing lines to her credit along with a bestselling game app, was thoughtful.

"There is this generation of young people — girls — who are beautiful but don't have a strong work ethic," she said. "People sometimes think that with looks things will be easy, but I just encourage people to put in the work."

ON HER FAMILY

During her time on stage, Kardashian said the public had been "more supportive than we ever could have imagined" of Caitlyn Jenner and the rest of her family.

The most meaningful exchange might have come when Cordell, who was the first African-American female judge appointed to the bench in Northern California, wondered how Kardashian and her husband, rapper Kanye West, planned to protect their biracial children from discrimination.

Kardashian shared making the difficult decision not to engage with a fellow airline passenger who screamed profanity and racial comments at her while she was travelling with her daughter.

West "is very vocal about racial issues," she said. "Our communication, I think, will be really helpful for our children."

THE ASSOCIATED PRESS

LEGAL DISPUTE

Katy hits a home nun

Katy Perry is caught in a property dispute between a group of elderly nuns and the Los Angeles Archdiocese over who owns a hilltop convent overlooking Hollywood.

The dispute centres on who is authorized to sell the convent. The Sisters of the Immaculate Heart of Mary say the building is theirs, and they've sold it to a local restaurateur, Dana Hollister, who has already moved in.

In a June 19 lawsuit, the archdiocese claimed it is responsible for selling the property, and plans a $14.5 million deal with another buyer. The defendants in the suit say that buyer is Perry.

Hollister's attorney, Randy Snyder, says the dispute has nothing to do with Perry, but rather is a battle between the diocese and the nuns.

THE ASSOCIATED PRESS

HOUSE OF CARDS

Neve's in the House

Neve Campbell is set to join the series House of Cards.

The Scream actress will star alongside existing cast members Kevin Spacey and Robin Wright for Season 4 of the show, Deadline reports.

The exact character to be taken on by Campbell in the White House political drama, produced by Netflix, is not yet known.

The actress is also appearing in the second season of the NBC comedy Welcome To Sweden.

Filming for House of Cards is scheduled to start this summer, with Season 4 airing in 2016.

AFP

CUTTING TIES

Trump gets dumped

Rapper Flo Rida has pulled out of his guest appearance at the Miss USA pageant later this month and Macy's has dumped Donald Trump, part of the continued fallout over the GOP hopeful's remarks about Mexican immigrants during his presidential campaign announcement.

The pageant also lost both its co-hosts Tuesday, with Dancing with the Stars Cheryl Burke and MSNBC anchor Thomas Roberts bowing out.

Earlier Wednesday, Macy's became the latest company to end its relationship with Trump. Companies have been cutting ties with Trump left and right after his presidential campaign kickoff speech last week in which he declared that some Mexican immigrants bring drugs and crime to the U.S. and are rapists. THE ASSOCIATED PRESS

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metro HOME
Your essential daily news

Most homeowners would choose an air conditioner over TV in summer heat: Survey

Micro lofts in Prime on the Plaza in Surrey, B.C. (above and left), will range from 300 to 437 sq. ft., with a starting price of $139,000. CONTRIBUTED

The big appeal of smaller size

DEVELOPMENTS

Buyers are snapping up micro condos countrywide

CONDO TRENDS

Duncan McAllister

Micro condos are coming to Canada, providing affordability for first-time buyers. Popular with students, downsizers and investors, this new housing form appeals to the consummate downtowner.

Smaller suites are the norm in places like London, Tokyo and New York, and in Canadian cities, they've proved enormously popular with surprisingly swift sales.

Ranging in size from 250 to 400 sq. ft., they're a perfect size for a pied à terre, and for buyers who want to stake their claim on a piece of the downtown condo market and who are willing to trade private space for public space.

Vibe houses small condos but the building will include eateries and retail space at street level in Edmonton. CONTRIBUTED

"The main amenity is the city itself," says developer Jon Stovell, president of Reliance Properties. "It's a 300-square-foot condominium with a three-million-square-foot living room."

The company has been actively building its popular micro lofts in Vancouver, Victoria and Surrey, B.C.

In Vancouver, home ownership of even a regular studio or one-bedroom is an impossibility for a lot of people, says Stovell. The micro lofts have proven popular with younger purchasers.

"Millennials totally get this equation," says Stovell. "They're much less status conscious."

Urban Capital got the ball rolling a few years ago, with its Smart House projects. The micro condo trend has definitely been growing and expanding internationally, says partner David Wex.

> **The main amenity is the city itself**
> Developer Jon Stovell

"We pressed the reset button on condo design. What we're offering at Smart House Ottawa is a way to live affordably and sustainably right in the city's heart."

With micro condos, Wex says the focus is on smart design and space-saving ideas. Everything from storage to appliances is cleverly thought out with an economy of space in mind.

In Edmonton, Vibe condos by the Carrington Group is the city's first foray into smaller suites. "The micro condos are not really here yet," explains project sales manager Riley Lagaden, who initially wasn't sure how they would fly. After launching, he was pleasantly surprised with the response. "Edmonton has been waiting for this."

Need help organizing your small condo? Kyla Rozman is co-owner of Vancouver-based In Order To Succeed Professional Organizing. The company specializes in helping people make efficient use of every square inch of space.

"When in a small space you need to think up, think down or think out," says Rozman, who sees micro condos as a growing trend as more and more retirees are downsizing.

NEAT TRICKS

Kyla Rozman's tips on organizing a small condo

Think up

- Maximize the tops of your closets by adding shelves and bins with locking lids.
- Taller furniture allows for more storage, such as tall bookcases. Use all the space at the top of your walls.

Think down

- Your side tables and coffee table should come with storage spaces (such as a shelf or drawers).
- Multipurpose the bed with a hideaway unit or with storage bins underneath.
- Put narrow cabinets behind the bathroom door — it's a great spot for all the little containers.

Think out

- Let go of some belongings. If it doesn't really serve you and it's not something you love, it should go.
- Start with the question, how many do I really need? If it's something you only use once a year, consider borrowing it from a friend (think camping gear).

DUNCAN McALLISTER

3 OF THE BEST IKEA FURNITURE HACKS

If you're looking to give a table, dresser or shelving unit a facelift, look no further. We've scoured the Internet for the best DIY projects that take Ikea pieces from basic to brilliant

MARIANNE HAYES/METRO IN NEW YORK

THE CREATIVE MOM

1 Farmhouse-chic coffee table

Blogger Natalie Dalpias of The Creative Mom took the Hemnes coffee table and gave it farmhouse style using pieces of lumber, wood stain, Polyurethane, glue, screws and a clamp. The best part? It only cost about $12 CDN in lumber and a few hours of work to pull off. For full instructions, go to thecreativemom.com.

GIRL IN THE GARAGE

2 Quirky 'suitcase' dresser

Travel lover Jen Crider, a.k.a. the Girl in the Garage, painted an Ikea Rast dresser to look like suitcases stacked together. You can also pull off this hack with any other standard set of drawers, but it's the accessories that really give the finished piece some character. Find instructions at girlinthegarage.net.

STYLE ME PRETTY

3 Gold and marble shelves

This hack transforms a bookshelf into a luxe unit for showcasing accent pieces. "We love this project for the simple ease of execution and the time factor," says Erin Lepperd of Style Me Pretty. The project relies on gold spray paint and some marble contact paper. Go to www.stylemepretty.com for instructions.

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FIFA senior VP Issa Hayatou will present the Women's World Cup with Sepp Blatter staying away

Smoak show singes Sox

MLB

First baseman hits two of Jays' five homers in lopsided affair

Justin Smoak loves being a part of the Toronto Blue Jays' offence, no matter what his role.

Smoak hit two home runs with three runs batted in and Toronto cruised to an 11-2 victory over the Boston Red Sox on Wednesday.

"It's awesome. Best offence in the game," said Smoak, who was drafted by the Rangers in 2008. "I feel like in 2010 when I was with Texas, being in that offence, it was really good but this one's a lot better than that one."

Justin Smoak GETTY IMAGES

The Rangers scored 787 runs in 2010, fourth best in the American League that season, on the way to an AL championship. Toronto has 435 runs so far this year, by far the most in Major League Baseball.

Smoak's role has changed from his time in Texas to now, going from being an everyday player to only occasionally starting.

"It's new to me. It's not easy," said Smoak. "There's a lot of work behind the scenes and getting ready during the game and ready for any situation. It's something I'm trying to adjust to."

Edwin Encarnacion, Jose Bautista and Josh Donaldson also hit home runs for Toronto (42-38), ending a small two-game skid. Jose Reyes had four hits and scored three runs batting leadoff for the Blue Jays.

Mark Buehrle (9-4) pitched seven innings, giving up one run on four hits. The left-hander struck out seven with 106 pitches. Aaron Loup and Brett Cecil came in in relief.

Blue Jays left-fielder Ezequiel Carrera makes a diving catch against the Red Sox in Toronto on Wednesday. FRANK GUNN/THE CANADIAN PRESS

WEDNESDAY In Toronto

11	2
BLUE JAYS	RED SOX

"I can't complain, I've had a fair amount of runs scored for me this year which makes it a lot easier to pitch," said Buehrle. "I just try to go out there and throw up zeroes and hold them down as much as you can, give our offence a chance."

Mookie Betts had a late home run for Boston (36-44), while Hanley Ramirez had a triple and scored. The Red Sox had a three-game win streak come to an end.

Rick Porcello (4-9) had a tough afternoon, giving up seven runs on seven hits including three homers in just two innings of work. Robbie Ross Jr. and Jonathan Aro came out of the bullpen for the Red Sox. Ross allowed a run, while Aro gave up three.

Smoak hit his first home run, while batting left-handed, to right-field seats in the second deck. The two-run blast made it 5-0 in the first inning.

The switch hitter clubbed his second homer of the day from the other side of the plate in the third, taking Ross in to the box seats on the fourth deck over left field. THE CANADIAN PRESS

NHL

Sens lose Condra to Bolts

The Ottawa Senators said goodbye to Erik Condra on the first day of free agency but replenished their depth at forward and on defence.

Not long after Condra signed with the Tampa Bay Lightning, the Senators signed local product Eric O'Dell to a one-year deal.

O'Dell agreed to terms on a two-way deal worth $700,000 US in the NHL and $300,000 in the AHL. Originally a second-round pick of the Anaheim Ducks in 2008, O'Dell has 41 games of NHL experience with the Winnipeg Jets.

Erik Condra GETTY IMAGES

Condra reportedly got $1.25 million per season on a three-year deal from the Lightning.

Later Wednesday, the Senators signed forward Zack Stortini to a two-year, two-way contract. The NHL value of the contract is $600,000 per season, and the AHL value is $175,000 in the first year and $200,000 in the second.

On defence, Ottawa signed 29-year-old defenceman Mike Kostka to a one-year, two-way deal. Kostka will make $800,000 in the NHL and $300,000 in the AHL.

The Toronto native has spent time with the New York Rangers, Chicago Blackhawks, Lightning and Maple Leafs.

THE CANADIAN PRESS

WOMEN'S WORLD CUP OWN GOAL OUSTS ENGLAND
England's Jill Scott, right, and Azusa Iwashimizu of Japan vie for the ball during their Women's World Cup semifinal match in Edmonton on Wednesday. Laura Bassett's own goal in the 92nd minute proved to be the heartbreaker as Japan punched its ticket through to the final with a dramatic 2-1 win. Japan faces the U.S. in Vancouver, Sunday. TODD KOROL/GETTY IMAGES

IN BRIEF

Sather steps down as Rangers general manager

Glen Sather is stepping down as the general manager of the New York Rangers and being replaced by longtime assistant Jeff Gorton.

In making the announcement of the front-office change on Wednesday, Sather said he would remain as the Rangers president.

The 71-year-old Sather has been in charge of the Rangers since 2000.

THE ASSOCIATED PRESS

NHL

Leafs trade Kessel to Penguins

The Toronto Maple Leafs completed a blockbuster trade to send star right-winger Phil Kessel to the Pittsburgh Penguins.

Toronto gets winger Nick Spaling, prospects Kasperi Kapanen and Scott Harrington, a third-round pick and a conditional first in the move.

61

Kessel had 61 points — 25 goals and 36 assists — for the Leafs last season

"Phil's certainly a very talented player, but we knew changes had to come," Maple Leafs president Brendan Shanahan said Wednesday.

The Leafs also sent forward Tyler Biggs and defenceman Tim Erixon to Pittsburgh along with a conditional pick.

If the Penguins make the playoffs next season, the Leafs receive their first-round pick and send Pittsburgh back the second-rounder they currently own from the Daniel Winnik trade.

THE CANADIAN PRESS

Phil Kessel was a minus-34 in 2014-15. GETTY IMAGES FILE

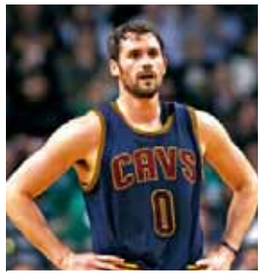
NBA

'Unfinished business' keeps Love with Cavs

After all the speculation and intrigue surrounding Kevin Love's foray into the free agent market, the star power forward ended up right where he said he would all along — in Cleveland.

Love announced in The Players Tribune on Wednesday that after his uneven first season ended with a serious shoulder injury, he is coming back to help LeBron James finish what they started together last season.

"We're all on the same page and we're all in," Love wrote. "We have unfinished business and now it's time to get back to work." Love agreed to terms on a maximum contract of five years that could be worth more than $110 million, a person with knowledge of the deal told The Associated Press on condition of anonymity.



Kevin Love is staying in Cleveland. MADDIE MEYER/GETTY IMAGES

THE ASSOCIATED PRESS

NBA IN BRIEF

Source: New deal for Butler
Chicago Bulls' Jimmy Butler agreed to terms Wednesday on a five-year maximum contract that could be worth $90 million and includes a player option for the final year, said a source with knowledge of the situation on condition of anonymity.

The deal comes on the heels of a breakout season in which Butler made his first All-Star team and was selected the NBA's Most Improved Player. THE ASSOCIATED PRESS

Raptors sign Hawks' Carroll
Masai Ujiri has made the first move in his Toronto Raptors makeover.

The team's general manager agreed to sign DeMarre Carroll on the first day of NBA free agency, adding a player who fits in well with coach Dwane Casey's defence-first philosophy. The 28-year-old small forward averaged 12.6 points and 5.3 rebounds in 70 games for the Atlanta Hawks last season. THE CANADIAN PRESS

Boston lands Johnson: Source
A person with knowledge of the details says the Boston Celtics have landed Amir Johnson with a two-year deal worth $24 million.

The veteran power forward agreed to leave Toronto and stay within the Atlantic Division on Wednesday. Johnson averaged 9.3 points and 6.1 rebounds for the Atlantic champions last season. THE ASSOCIATED PRESS

Raonic Haas all the aces in 2nd-round win

WIMBLEDON

Canadian's big serve too hot to handle for German veteran

Milos Raonic rode his blistering serve to the third round of Wimbledon on Wednesday, firing 29 aces to hold off veteran Tommy Haas 6-0, 6-2, 6-7 (5), 7-6 (4).

The seventh-seeded Canadian, who hit the third-fastest serve in tournament history at 233 km/h, appeared to be cruising to victory early on as Haas managed to win just six points in the 17-minute first set. But the experienced German found his game in the third set, winning a tie-breaker to make Raonic work for the victory.

Raonic said he was never concerned, despite Haas's comeback. "I was serving pretty well," said the player from Thornhill, Ont. "That's always going to make my job a little bit easier." Still, Raonic was impressed with the play of Haas, who at 37 became the oldest man on Monday to win a match at Wimbledon since Jimmy Connors in 1991.

"I think it's incredible what he's doing," said Raonic. "It's not just playing at 37 but playing at 37 and constantly coming back from many different things. It's a testament to the passion he has for the game."

Raonic, who made the semi-finals at the All England Club last year, had surgery for an inflamed nerve in his right foot and missed the French Open this spring, but he won two rounds in his return to action at the recent Queen's Club event in London.

Canadian Milos Raonic celebrates match point in his second-round Wimbledon singles match against Tommy Haas of Germany in London on Wednesday. IAN WALTON/GETTY IMAGES

He said he's still working his way back from the injury.

"I'm doing everything I need to be able to keep playing better and better every single match," he said, adding that he has some discomfort in his foot but "nothing out of the ordinary." Raonic will meet Australia's Nick Kyrgios in a rematch of their 2014 quarter-final, a match Raonic won. "It's going to be a good match," said Raonic.

> **I think it's incredible what he's doing.**
> Milos Raonic on Tommy Haas

"We haven't played for a year now. I think a lot has changed on both ends. It's something I look forward to."

Raonic said he remembers some missed opportunities a year ago but feels he has improved his game since then.

"I feel like I do a lot of things better," he said. "I feel like I understand myself better. I feel like I know how to control situations better,"

Raonic and Vasek Pospisil of Vancouver are the lone Canadians left in the singles draw after Eugenie Bouchard made a first-round exit on Tuesday.

THE CANADIAN PRESS

RECIPE Chicken, Mango and Rice Noodle Stir-fry

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Serves four.

Ready in
Prep time: 15 minutes
Cook time: 15 minutes

Ingredients
- 8 oz boneless chicken breast
- 2 tsp vegetable oil
- 1 cup sliced onion
- 1 Tbsp minced ginger
- 1 Tbsp hot red chili curry paste
- 2 tsp chopped garlic
- 1 cup sliced red bell pepper
- 3 Tbsp sweet chili sauce (Heinz or Asian flavoured)
- 2 Tbsp low sodium soy sauce
- 1 Tbsp lemon juice
- 2 tsp sesame oil
- 4 oz rice noodles (medium width)
- 1 cup thinly sliced mango
- 3 Tbsp chopped basil or cilantro

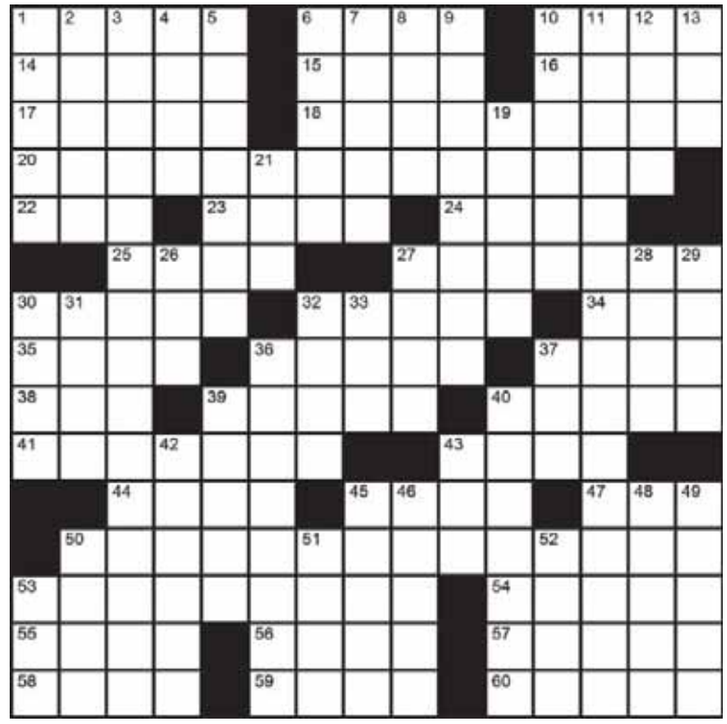
Directions
1. In a grill or sauté pan sprayed with vegetable oil, cook chicken just until temperature reaches 165 F or cooked through, about eight minutes. Let cool slightly, then slice into medallions.
2. Meanwhile, in a large skillet, add vegetable oil, onion, ginger, curry paste and garlic. Stir fry just until onions soften, then add bell peppers and sauté for two minutes.
3. For sauce, mix chili sauce, soy sauce, lemon juice and sesame oil.
4. Cook rice noodles while vegetables are cooking, just until tender. Drain noodles and place on serving platter. Add cooked vegetables and sauce, mix well. Garnish with chicken, mango, basil.

Nutrition per serving
- Calories 242
- Sodium 597 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. County fair attractions
6. Plucked orchestra instrument
10. Song in '65's "The Sound of Music": "Climb __ Mountain"
14. "__ __ economy is always beauty." - Henry James
15. Nobelist Mr. Wiesel
16. "Well, well, wells."
17. Love conquers all = __ vincit amor
18. Moveable pieces sofa
20. French explorer sharing the name of a Montreal bridge: 2 wds.
22. "Gimme __ '_'!" (Edmonton cheer-starter)
23. Modernists
24. Brewer's kiln
25. Foe in Fido's fur
27. _-__ record, as in sports
30. Latte's bubbles
32. Where Joni Mitchell felt like a 'free man'
34. "__ Wiedersehen!"
35. River islets
36. Seasoned yogurt dip of India
37. "Meet Me __ __. Louis" (1944)
38. Homer's exclamation!
39. Like, in Laval
40. Some students, shortly
41. 1970s singer Cat
43. It's not salmon, it's this
44. "The __" (Reality show Anderson Cooper hosted)
45. Scottish family
47. Roadside mil. hazard
50. Casey and Finnegan puppeteer who is a Member of the Order of Canada: 2 wds.
53. __ Berries (Canadian fruits)
54. Alongside: 2 wds.
55. "What __ __ mind reader?"
56. "Anything __?"
57. Film part
58. Canadian convenience store chain
59. Notices
60. "The Jetsons" son

DOWN
1. Wine of Spain
2. Jude Law's "Cold Mountain" (2003) role
3. Sly & The Family Stone hit: 4 wds.
4. Mr. La Salle of "ER"
5. Steadfast
6. "__ __ Fine" by The Chiffons
7. Sir Guinness'
8. Costa's companion
9. 'Canada's Victorian Oil Town' in Ontario
10. Someone self-centred
11. Titian (b.circa1490 - d.1576), for one: 2 wds.
12. Bring up
13. Opium perfume monogram
19. Tilted lettering [abbr.]
21. "Yikes!"
26. "__ magic!"
27. Mr. Johnson
28. Overcooked meal
29. Tiny amphibians
30. Trends
31. Carouse
32. Ms. Dawber's
33. Aspiration
36. "Be My Baby" by The __
37. 'Opt' suffix
39. Salsa singer Ms. Cruz
40. Canadian brand of tofu
42. Smirnoff drinks
43. Spotted, to Tweety Bird
45. Shut
46. City paths
48. It's short for 'low budget'
49. Cartoon duck
50. "She's a Bad Mama __" by Carl Carlton
51. Courtney Love band
52. Envelope insertion [abbr.]
53. Director Mr. Mendes

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You will be forced to choose between two tempting possibilities today. If it's a choice between moving up in the world and making a positive difference, make a difference.

Taurus April 21 - May 21
Do you stick with what you know or try something new? The planets suggest you will have more fun if you take a chance.

Gemini May 22 - June 21
Try not to make any rash decisions about money matters today because the full moon warns you are likely to regret it. No matter how confident and enthusiastic you may be, you won't be thinking clearly enough to make a rational decision.

Cancer June 22 - July 23
It may feel as if you are being held back from fulfilling your potential but don't worry. While the moon is full you should take your time and wait to see how things develop.

Leo July 24 - Aug. 23
Today's full moon warns in no uncertain terms that you must take care of your health. If you take on too much over the next few days you are sure to regret it. Be kind to yourself.

Virgo Aug. 24 - Sept. 23
You may be more emotional than usual today but there is no need to worry. Sometimes things build up to such an extent that they must be let out and the full moon makes this one such occasion.

Libra Sept. 24 - Oct. 23
There may be chaos in every direction today but if you stay calm there is not much it can do to harm you personally. Loved ones will be rather touchy though, so you might like to stay out of their way.

Scorpio Oct. 24 - Nov. 22
You would benefit from getting out more. Short trips are lucky for you now, although they won't be without their ups and downs. The important thing is that you are visible. Remind the world you still exist.

Sagittarius Nov. 23 - Dec. 21
Today you will be critical both of yourself and others. Don't worry about it — you're allowed to be less than superhuman once in a while.

Capricorn Dec. 22 - Jan. 20
No matter how self-controlled you are, today's full moon in your sign will heighten your emotions. If you do lose your temper don't be too hard on yourself.

Aquarius Jan. 21 - Feb. 19
No matter how busy you are, you must return a favour of some kind today. Someone was good enough to help you out, now you must do what you can for them.

Pisces
Feb. 20 - March 20
The full moon warns this is not the right time to make waves. You may have strong opinions about what's going on around you but there is no point making enemies.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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